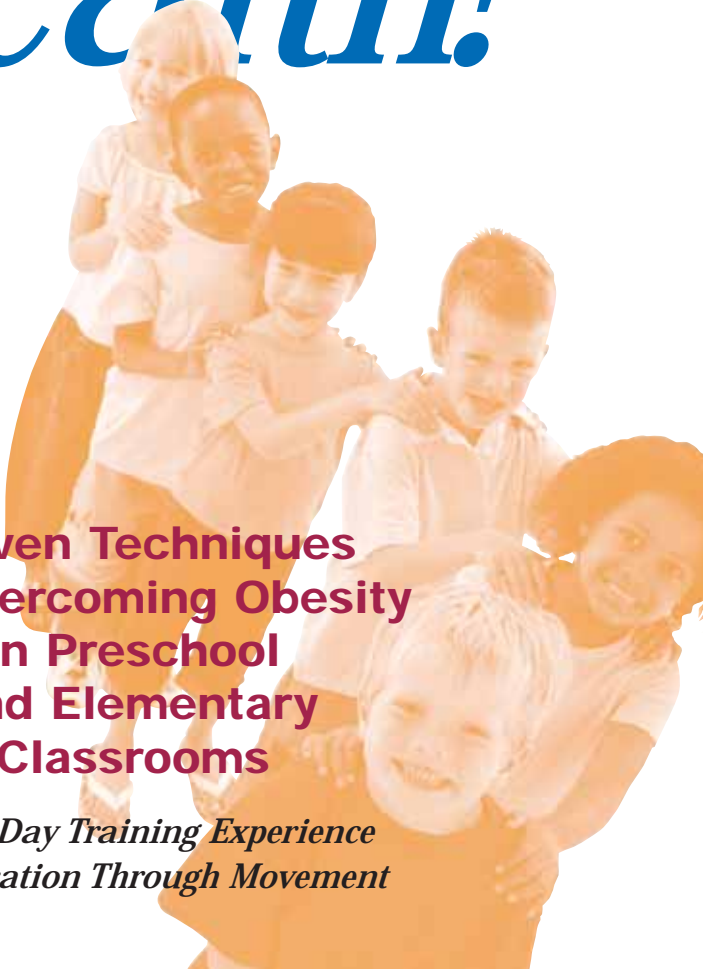


Moving Toward Health!



Proven Techniques
for Overcoming Obesity
in Preschool
and Elementary
Classrooms

*A Five-Day Training Experience
in Education Through Movement*

Moving Toward Health!

FACTS about the OBESITY EPIDEMIC among children

We read about it in newspapers and magazines, hear about it on radio and television, and see it everywhere we look. Obesity has become a nationwide epidemic and a major health threat—dramatically increasing the incidence of cardiac problems, diabetes, even some forms of cancer.

It's estimated that over half of all adults in the U.S. are obese. But it's not only adults who are at risk.

According to the U.S. Surgeon General,* nearly 15% of all children and adolescents are dangerously overweight. That number has tripled in recent decades.** And the incidence of childhood obesity is especially high among low-income and minority populations. This means that our nation's children

- Are at risk for high blood pressure, high cholesterol, and other risk factors for heart disease.
- Are vulnerable to Type 2 diabetes, typically an adult disease that has increased dramatically in children and teens.
- Are more prone to poor self-confidence and depression.
- Are likely to experience these same problems as adults.

Childhood obesity is caused by a combination of factors. But topping the list is a lack of physical activity, both at home and school.

* Source: *Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity*.
www.surgeongeneral.gov/topics/obesity/calltoaction

** Source: U.S. Centers for Disease Control (CDC)



Helping to Counteract a Dangerous *The Education Through*



To help prevent the early onset of obesity-related health problems, Phyllis S. Weikart, Director of Movement and Music for the

HighScope® Educational Research Foundation, has developed Education Through Movement (ETM)—a series of classroom experiences designed to encourage students to be physically active in the course of their day. Rather than reducing or replacing time spent on academic content, ETM supplements and enhances the learning process with



research-based movement activities.

Through a series of innovative techniques, physical activity becomes an integral part of everyday learning in the school setting. Movement and music are used as a means of delivering essential content in a way that encourages healthy physical activity while reinforcing academic concepts.

While ETM can benefit students at any age, it is particularly recommended for use in preschool and elementary K–2 classrooms—where the potential is greatest for lasting changes in behavior and positive long-term impact.



Teaching Children to Be “Active Learners”

Considering the many hours children spend in school, classrooms may well be the most promising venue for making a large-scale impact on the health of children. ETM helps reverse the trend toward obesity by replacing sedentary patterns with physical activity.

Trend:

Movement Program



The ETM Program: Two Days of Training, Three Days of Classroom Support, and a Lifetime of Health for Students

Based on decades of practical experience and supporting research, ETM is presented and taught in a way that makes it optimally effective for both teachers and students. During two days of intensive training, educators learn:

- Techniques for engaging students through the use of movement
- Active learning strategies for the classroom
- Effective approaches for integrating academic subject matter with physical activity

- Fundamentals of motor development
- The application of “steady beat” movement to reinforce learning

Teachers learn and practice curriculum-appropriate activities that can be used during classroom time and transition periods. Day-long training sessions with staff are followed by interactive classroom demonstrations with students.

Teachers have an opportunity to see activities modeled by a movement and music trainer. Participants also develop and share their own classroom activities and transitional class techniques. Additional days of classroom support are available for a nominal fee.



Other ETM-RELATED TRAINING PROGRAMS are also available from High/Scope.

- Literacy Through Movement — Activities focused on attention, phonemic and print awareness, language, and flow of speech.
- Math Through Movement — Designed to build skills and provide concrete understanding of sums, numeracy, patterns, lengths of distance and time, fractions, and angles.
- Building the Attending/Focusing Foundation — Effective strategies to help students pay attention for longer periods of time.

Make a Decision to Make a Difference

Register Today for Education Through Movement

By integrating physical activity with classroom learning, ETM offers educators a powerful method of improving lives while addressing the problem of childhood obesity.

For detailed information about the ETM program, content, trainers, and outcomes, contact Karen Sawyers, Movement and Music, High/Scope Educational Research Foundation, (734) 485-2000, extension 224.

About High/Scope

The High/Scope educational philosophy is based on an “active learning” model in which children progress developmentally by interacting with the people, materials, events, and ideas in their environment. The Foundation is best known for its pioneering work in early childhood education beginning with the now famous High Scope Perry Preschool Project, ongoing since 1964.

Acclaimed by educators and policymakers worldwide, High/Scope offers a wide array of seminars, workshops, professional development activities, books and other publications, classroom tools, consulting services, and conferences.

